

EAST SUSSEX Seniors' Association

The Voice of Older People



Winter 2016

Newsletter No.16



Off to the Pub

for a drink in Sedlescombe

Competition Winner – see page 8

Have Your Say • Get Involved • Make a Difference • Shape the Future

www.essaforums.org.uk



Letter from the Chair

Congratulations to all those who were involved in planning events for Older Peoples Day and a big

thank you to those who went to the events and gave us your feedback. There are photos in the newsletter of some of the events and a summary of the evaluation results. A full report will be presented to the OPD Planning Group for discussion and future planning.

Both ESCC and ESSA received congratulatory phone calls and emails from other parts of the country asking for the secret of our success. I said it was hard work and dedication and the will to work together as a team. At the planning meetings we bring together ESSA with its eight East Sussex Senior Forums and a whole host of representatives from across the county who know what older people like to do and then put forward ideas about what older people might like to have a go at. And it works.

It's a good way to close the year as

ESSA braces itself to struggle with the hefty challenges facing ESCC Adult Social Care with further financial savings. It's not all about services for older people it's also the effect it is having on our children and grandchildren. We speak up for all of them.

On the other hand sometimes a review of services can be a good thing particularly those that have been functioning for some time and have not caught up with the digital age. I know we're not very good at that but you can take your own blood pressure at the doctor's surgery and you don't have to have a computer yourself to do that. Reviewing your medication is useful to make sure you are taking only medication that is good for you and what you really need.

I will finish with a song – as singing is good for you 'Always look on the bright side of life'

Very best wishes.

Kate Davies



Kate Davies and Pat Bowman taking a break from welcoming Meridian members to a "Have your say" meeting.

SEEFA is the South East England Forum on Ageing



SEEFA has been doing a lot of work to help create a New Narrative on Ageing. The new narrative is based on 5 pillars:

- Ageing itself is not a social and economic problem. It is an inter-generational issue, presenting both opportunities and challenges.
- People are unique individuals, each with a different story. We need to recognise the diversity of ageing, not 'lump' everyone in together.
- Older people are not an economic burden but are net contributors to the economy
- Older people are active citizens and assets within their families and communities.
- Equal access to employment opportunities for older people will benefit business and society as a whole
- ESSA has three members actively involved in their activities

For more information or a copy of the report, visit: www.seefa.org.uk or telephone: 07771 941290.

Read books and magazines online for free

If you are comfortable with reading books or magazines online, why not register with East Sussex County Council (ESCC)



e- Library service; especially with the reduced library opening hours.

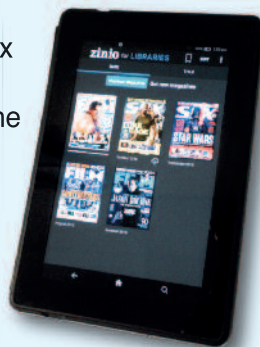
You need to have your library card and pin number, available through any library.

Go to: www.eastsussex.gov.uk/libraries. Click on the 'E-Magazines' link and have a browse through Ebooks, audio books and Emagazines.

Any difficulties, click on the help button on the page.

You can also see ESCC latest Library and Information Service Newsletter at: <https://content.govdelivery.com/accounts/UKESCC/bulletins/1432aee>

Another option for free books is to visit *Project Gutenberg* at: www.gutenberg.org



Have Pensioners shared in the Austerity Programme?

During the last few years I have often heard calls from certain politicians for pensioners to share in the Austerity Programme. They feel that we pensioners have been protected and not done our share of suffering during the problems with our economy. Have we really been protected? Consider the following:

During the last five years...

- *State Pensions have dramatically increased.*
- *Tax allowances have dramatically increased.*
- *ISA limit dramatically increased.*
- *Savings Tax reduced.*
- *Free eye tests.* • *Free bus pass.*
- *Free TV licence for over 75s.*
- *Tax free winter fuel allowance.*
- *Tax free Christmas bonus.*
- *Inheritance Tax limits dramatically increased.*
- *Concessionary admissions to many places and events.*

Seems like a bed of roses, doesn't it? However, now consider the following:

BASIC State Pensions have increased, but the Additional State Pension has increased more slowly, and if, like me, you have an occupational pension which "contracted out", then you will find that a portion of that pension has NEVER INCREASED, because the Government keeps moving the goal posts, like they've done with the age you can get your State Pension!

Tax allowances have certainly increased, but our extra age allowance has been removed, meaning a nil gain. The ISA limit has been increased, but have you seen the interest they are offering? Barely worth having?

We do have a tax free winter fuel allowance, but this has never been increased for inflation. At the same time energy costs have soared! A double whammy, REDUCING the value of the winter fuel allowance. Inheritance Tax limits have increased, but so has the value of our homes. Which will overtake which?

In addition, consider also the following: If you have the money, you can always purchase an Annuity, but because of the low interest rates, the return will be very poor.

At the same time the costs of home care, travel, home and car insurance have all increased dramatically, and not just because we are getting older!

The cost of residential care has soared, now to around £1,000 per WEEK!

The last thing we will all do is die, but have you noticed the cost of a funeral has doubled in the last five years?

This leaves the tax free Christmas bonus, but this also has never increased for inflation. Welcome as it is, it will not now buy a bottle of whiskey!

Also, were you aware that 15% of all pensioners are living below the poverty line?

Taking note of all the above, I believe we pensioners have done our bit to share in the economic austerity. What do you think?

Pat Bowman

Meridian Forum October 2016

Adult Social Care Leaflets

Hi, my name is Stevi and I am a Marketing and Content officer in the County Council Communications team. The role of the communications team is to make sure information about the work of the council is sent out to the right audience via the right channels at the right time. We work to build the reputation of the council and to promote East Sussex as a good place to live and work. Our communications might be internal – to our staff, or external to the public and our partners. We also gather feedback from inside and outside the council to encourage a dialogue about our services to develop.

My role is to help teams with their communications, planning what they want to say, sometimes writing it for them, working out the best way to get the information out there and liaising with other parts of the communications team to create graphics, take photographs and make videos. I help to produce printed material such as newsletters and flyers as well as material for the internet and social media.

Currently I am helping the Adult Social Care department to review their printed information leaflets and factsheets. User feedback is extremely important so I have been visiting various groups who represent our customers to see what they think about the leaflets and also to find out how they like to

access information.

I attended an ESSA meeting a few weeks ago and they gave me some very valuable feedback

which I will take back to the authors of the leaflets.

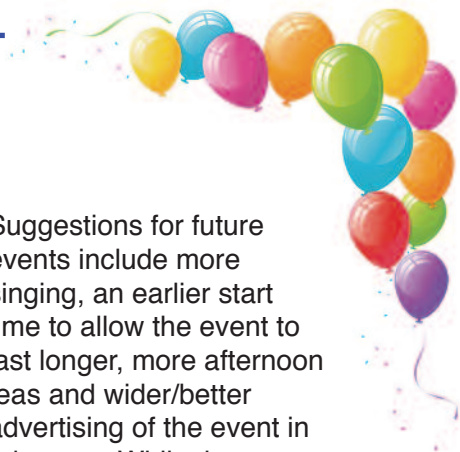
You will see many of the information leaflets displayed in libraries, hospitals, GP surgeries, information centres etc. If you would like copies of any of the leaflets or our factsheets you can either download them from:

www.eastsussex.gov.uk/socialcare/about-us/adult-social-care-information-leaflets-and-factsheets or contact Health and Social Care Connect (HSCC) our new contact centre by phone (0345 6080191) or email (HSCC@eastsussex.gov.uk). There is also an online form for people who would like to order sets of leaflets to display.

We would love to have feedback from you so if you have any comments please could you email them to me at stevi.page@eastsussex.gov.uk or write to me at ESSC Communications Team, West E, County Hall, St Anne's Crescent, Lewes, BN71UE.



Older People's Day (OPD) 2016



A summary of seven events organised by ESSA Forums reveals that there were around 1400 attendees and about 250 evaluation forms were returned. The most common reason for attending was to support the event with a runner up of "the event sounded interesting". Most folk attended rated their event Very good and no one rated Poor or Very poor.

The reasons for rating events positively were that they were Entertaining and Interesting: hopefully these reasons will renew enthusiasm for the forums to organise events in 2017.

Suggestions for future events include more singing, an earlier start time to allow the event to last longer, more afternoon teas and wider/better advertising of the event in advance. While these suggestions are very welcome the forum volunteers are already working flat out to organise their events and, obviously, a greater number of active volunteers would lessen the load.

A big thank you to all those volunteers who willingly donated their time to make OPD 2016 a resounding success.

Roundup of events from some of the forums:

Wealden Seniors Citizens Partnership (WSCP)

On the 1st October we hosted Older People's Day which we prefer to call "Full of Life." One of our aims for 2016 was to hold events in the South of our District. We therefore, held our OPD in the Civic Community Hall behind Wealden District Council offices in Hailsham. This was a half day event. We worked in partnership with Hailsham Freedom Leisure.



We hosted some 17 stands ranging from information on energy saving, foods for delivery to your home, to U3A (a first for us), writing a will, Citizens Advice Bureau(CAB), Trading Standards, East Sussex library, Age Concern



etc. I was disappointed that some stand holders who had committed withdrew in the last week as they could not get cover for the Saturday. WSCP also like to provide a treat and this year we had a reflexologist join us and we offered a hand massage. The ladies who had these treatments really enjoyed them but alas we could not get any men to participate. We are increasingly finding that people need payment if they are going to attend.

Unfortunately it rained just about all day and we found that people did not want to go into the Hailsham Freedom Leisure facility where they had tours of the gym, a balance class and an armchair class. There were also issues of access. The ladies from Freedom Leisure were wonderful and undertook the armchair class in the hall and this was thoroughly enjoyed. Hailsham Freedom Leisure has been praised nationally for its work encouraging

older people to keep as fit as they possibly can. Much of their work is now being adopted nationally. There were prizes to be won, and WSCP had some super prizes for its raffle. Throughout the morning we provided free teas, coffee and yummy cakes. Twenty two new members joined us but many attendees were already members. We may have got a new committee member! The entire event was free both for the attendees and the stall holders. Numbers were down on previous years we think due to the rain, the distance of the hall from the Town Centre and the refurbishment of the High St. The Town was also very quiet.



Our budget was £700 max and we will come well within that. The event was well advertised through our own member's listings and via the stand holders and other places such as the town hall in Hailsham. Alas we only received three completed survey forms.

Pictures of the arm chair exercise class, the Age Concern stand and the Town Crier with one of our members.

More events over the page...

...continued from previous page

Rother Senior's Forum Event "A Song and Dance" 17th Oct 2016

We chose to have a belly Dance Troupe run by Chloe Dent (Hastings area) to give a show and followed with a join in and sing session with Liz Gange and singers, followed with a buffet tea. On the day we had between 50 and 60 present and were royally



entertained by the belly dancers interposed with a potted history of Egyptian



belly dancing. Our audience got involved having the fabrics of the dance costumes shown and explained. Also a few bold willing souls put on some fabric scarves and danced with the troupe members.

The songsters sang the verses of well-known tunes from our past, and all joined in.

The buffet was good and all left happy!

Hastings & St. Leonards Seniors' Forum (HSSF)

HSSF celebrated Older People's Day with a very well attended Craft & Hobbies Fair at the Azur in St. Leonards on the 22nd September.

Around 200 people came to the free event which was opened by Peter Wheeler, the project engineer for Hastings' recently reconstructed pier.

A wide variety of handcrafted items were sold, and there were demonstrations amongst others of lace making. Free tea and coffee was available, and the Forum's



own tombola was extremely popular which together with the receipts from stall holders raised funds for future activities.



healthwatch

East Sussex

Also, thank you to all of our volunteers and partners whose contributions along with those of our staff teams made the week such a success. We gathered a lot

In July, Healthwatch East took to the road to deliver their 2016 Red Bus Tour. The main aim of the bus tour was to raise the profile of Healthwatch in East Sussex by taking the staff team, volunteers, Board members and other stakeholders out into the community to meet with people, inform them about Healthwatch, and gather their experiences of using local services.

The main themes which the public we met wanted to talk about during the week include:

- Health Services ■ Hospitals
- Access to GPs ■ Mental Health

We are immensely grateful to the public in all the communities we visited for spending time with us and sharing their views of health and care services in the county.

of useful information which will be taken back to commissioners and providers of services and which will inform the delivery of local services in the future, so thank you all.

The link to the full report and online gallery can be found on our website: www.healthwatcheastSussex.co.uk/red-bus-tour-2016/

We want to carry on hearing about your experiences of health and social care services, whether they were good or not so good, as well as hear your ideas for improvements. You can leave a review on our feedback centre www.healthwatcheastSussex.co.uk/services or contact in the following ways:
Telephone: 0333 101 4007
Text: 07826 021 114 and Email: enquiries@healthwatcheastSussex.co.uk

NHS One You

The NHS have launched a new website called **One You**, which has articles on Smoking, Drinking, Eating, Moving, Sleep and Stress. It can be found at: www.nhs.uk/oneyou

There is also a smartphone app giving a 7-day snap shot of how much you drink, how many calories it adds up to and how much it costs.



What to do...

...if you or someone you know may be being neglected or abused

ESCC Safeguarding Adults Board have published a leaflet on the above, which is summarised below:

- Vulnerable people over 18 years may be at risk of abuse or neglect.
- Abuse can happen anywhere and can be caused by anyone!
- Abuse can take many forms including Physical, Sexual, Financial, Neglect, Self-neglect, Psychological or Emotional, Discriminatory, Modern Slavery, Domestic Violence or Organisational.

If you need to report suspected abuse of an adult at risk, telephone SCD on: 0345 60 80 191, Minicom: (01323) 466630, Fax: (01323) 466 567, Text: 07797 878 111, or email: socialcaredirect@eastsussex.gov.uk

Copies of the leaflet are also available from SCD.



Photographic Competition



Our winner for the front cover for this edition was Ron from Rother.

We are still offering a £25 prize for each edition. The

photograph is to depict something about our great county and is to be your own original and unenhanced work. Entries are only accepted by email to the treasurer@essaforums.co.uk and any photo not used will go towards the next edition.





Action in rural Sussex

Village Agents & Village Care

The Action in rural Sussex (AirS) Village Agents and Village Care Programme builds on 80 years of directly working with rural communities across Sussex to support local community based services and facilities within villages. In particular it assists with services that provide a lifeline to those who are socially isolated by their circumstances or health. As a result much, but by no means all, of the work is directed at older people.

How have village agents helped individual communities?

Herstmonceux Vitality Village



AirS helped to establish the initiative which is

in its third year and provides and co-ordinates a growing range of community led activities that promote health and wellbeing as well as an annual Vitality Village event that showcases that range of activities.

Friends Across Wadhurst

Representatives from Wadhurst approached AirS for help to set up a



befriending scheme in the village. This is now called 'Friends Across Wadhurst' and has been operating since October 2015.

"The Village Agent has been there all the way, providing us with the right information at the right time which has been so helpful." –

Co-ordinator of Friends across Wadhurst.

East Hoathly Community Garden Plot

A project begun by a few people in the village and using two



allotment plots to provide gardening, growing and socialising experiences for local people with a range of health conditions, including physical disabilities, or none. The village agent has been a support throughout as the ideas have developed.

"I love this project, showing people how to cook proper meals for their kids." – **Participant**

Seniors' Forums Contact Details



Eastbourne
Seniors Forum

Eastbourne Seniors Forum

Beryl Newson Tel: 01323 656455
Email: info@esf-online.org
Website: www.esf-online.org



Hastings & St Leonards Seniors' Forum

Pam Brown OBE Tel: 01424 424693
Email: pamfbrown1066@gmail.com
Website: hssf.org.uk



Hastings Older People's Ethnic Group (HOPE-G)

Julia Wells Tel: 07511 248278
Email: julia72003@aol.com



Lewes District Seniors Forum

Richard Partridge
Mob: 07761 807969
Email: rwpartridge49@gmail.com
Website: www.lewesdistrictseniors.org.uk



Meridian Mature Citizens Forum

Kate Davies Tel: 01273 516207
Email: info@meridian-sf.org.uk
Website: www.meridian-sf.org.uk



Rother Seniors Forum

Ron Sunderland Tel: 01424 870801
Email: 88suro88@gmail.com
Email: info@rotherseniorsforum.org.uk
Website: www.rotherseniorsforum.org.uk



Seaford Seniors Forum

Roy Neeve Tel: 01323 490958
Email: contact@seaford-seniors-forum.org
Website: www.seaford-seniors-forum.org



Wealden Senior Citizens Partnership

Linda Graham Tel: 01892 770487
lindagraham@wealden-scp.org
Website: www.wealden-scp.org

East Sussex
County Council



eastsussex.gov.uk

East Sussex County Council (ESCC) is proud to support the East Sussex Seniors Association (ESSA). However, it would like to point out that ESSA is an independent organisation and that the views stated in its newsletter will not necessarily reflect the views or policies of the County Council.

Booklet Design by Printing Services, Eastbourne Borough Council. Tel: 01323 415037. Nov. 2016